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LOT:
BEST BEFORE:

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Udo's Oil™ 3-6-9 Blend provides a balanced 2:1 ratio of Omega-3 (6 g) to Omega-6 (3 g) essential fatty acids per serving, for people who want one product that gives them all of the good fats they need, without any of the bad fats they should avoid. Every cell, tissue, gland, and organ is dependent upon the presence of essential fatty acids. They are the main structural component of cell membranes and are important for cell growth and division.

Udo's Oil is formulated by Udo Erasmus, PhD, an internationally acclaimed authority on the subject of essential fatty acids and author of the groundbreaking book *Fats That Heal Fats That Kill*. Udo's Oil blend is fresh-pressed in a state-of-the-art, low heat, light- and oxygen-free environment and packaged in an environmentally friendly glass bottle. Udo's Oil has a pleasant, nutty, buttery taste and can be added unheated to foods such as cereal, salad, pasta, or stir-fried vegetables, and even poured over dessert.

Formulated by: Udo Erasmus, PhD

Udo Erasmus

Gluten Free!



UDO'S CHOICE

Udo Erasmus

Certified Organic

Udo's Oil™ 3•6•9 Blend

PROVIDES A BALANCED 2:1:1 RATIO OF
OMEGA FATTY ACIDS

**Made with Organic Flax, Sesame,
and Sunflower Seed Oils**



DIETARY SUPPLEMENT
17 FL. OZ. (500 mL)



Supplement Facts

Serving Size 1 Tbsp. (15 mL)
Servings Per Container about 33

Amount Per Serving	% Daily Value
Calories 120	
Total Fat 14 g	18%*
Saturated Fat 1.5 g	8%*
Polyunsaturated Fat 9 g	†
Monounsaturated Fat 2.5 g	†
Omega-3 ALA (alpha-linolenic acid) 6 g	†
Omega-6 LA (linoleic acid) 3 g	†
Omega-9 OA (oleic acid) 2.5 g	†

† Daily Value not established.

* Percent Daily Value based on a 2,000 calorie diet.

INGREDIENTS: *Flax seed oil, *sunflower seed oil, *sesame seed oil, *coconut oil, *evening primrose seed oil, *soy lecithin, *rice bran oil, *oat bran oil, mixed tocopherols (Non-GMO).
*Organic

CAUTION: Manufactured in a facility that also processes mustard and wheat.

DISTRIBUTED BY: FLORA, INC.
805 E. BADGER RD.
LYNDEN, WA 98264
1.800.446.2110
CERTIFIED ORGANIC BY QAI
PRODUCT OF CANADA
67982-R15



SUGGESTED USE: The cloudy layer in the oil is unique to this blend. To obtain its benefits, shake bottle gently before each use. Take 1 tbsp. or more a day with meals (up to 1 tbsp. per 50 lb. of body weight per day). For best results, substitute other sources of dietary fat with Udo's Oil. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED.** Do not heat or use for frying. Once opened, use within 2 months. Udo's Oil can be frozen to maintain freshness for longer periods.

Security sealed for your protection. Do not use if seal is missing or damaged.